

COVID 19 Information Update Duncraig Primary School

Updated Thursday 26 March

Breaking News from the Minister for Education

Today, the Government has announced all public schools in Western Australia will remain open until the end of term – **Thursday, 9 April 2020**. However, families are now encouraged to keep their children at home if they have the capacity to do so. The Department's learning from home resources are available to them. What this means for your school is:

- From Monday, 30 March to Friday 3 April all children who attend school will be taught as normal.
- The following week (Week 10 – April 6-9) teachers and education assistants will prepare teaching programs for Term 2.
- During this time students who attend school will be supervised
- As directed by the Department of Education up until the end of Week 9 Term 1, teachers are **not** required to send home their daily teaching and learning program or each individualised work. The priority for staff is to maintain focus on classroom learning programs. To support families who have chosen to keep their children at home we have created some guidance support resources. I must be clear and advise that this is not a curriculum but a guide with a collection of activities and links. However, early next week we will be providing families with resources to continue learning at home until Term 2.
- Student work books are not to be taken home.

I will be able to provide you with more information after a Principal's Webex session with the Director General tomorrow afternoon.

Precautions We Are Taking

Hygiene

- As per advice received from the Public Health Emergency Operations Centre (PHEOC), students now bring their own individual water bottles that can be filled from the wet area taps when necessary. This will cease the need for students to drink directly from fountains.
- Library borrowing has ceased
- No more reading books will be sent home

Social Distancing

- Student desks have been separated
- Phys Ed lessons and sport sessions have been modified to minimise contact

Well Being and Mental Health

- **Student Wellbeing website** - Given the extensive media coverage, some children are already aware of the impact of the virus and will pick up on the concerns and anxiety of others. This could be through listening and observing what is happening online, at home and school. The Learning at home website <https://www.education.wa.edu.au/learning-at-home/learning-resources-by-year-level> provides advice and resources for parents and carers, educators and students. This includes a wide range of resources and information related to the impact of COVID-19 on students' health and wellbeing and the impact on families. It also includes vital information for schools to understand how we can best support our students and families to access services and information. The website will continue to be updated over the coming weeks

The school psychologist has also been working with us to provide online resources for parents to use. These are listed on the following page.

Online Counselling

The BRAVE Program: <https://brave4you.psy.uq.edu.au/>

Mood Gym: https://moodgym.com.au/?gclid=Cj0KCQjwmdzzBRC7ARIsANdqRRnOQmSIK70ty-F2Xy9IfTrJcdUH6v2VuFsWNNkZrI_BkwsIXgmy5X0aAtkrEALw_wcB

Information and Online Support

Lifeline: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Beyond Blue: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Headspace: <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Kids Helpline: <https://kidshelpline.com.au/coronavirus>

Department of Health: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Helpful Apps

Smiling Mind: <https://www.smilingmind.com.au/>

1 Giant Mind: <https://www.1giantmind.com/>

Reachout Apps: <https://au.reachout.com/tools-and-apps>

Mind Shift: <https://mindshift.org.au/>

Activities

The Body Coach: <https://www.youtube.com/playlist?list=PLYCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

Cosmic Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Other Helpful Links

Talking to Children About COVID-19 (Coronavirus): A Parent Resource: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

A video explaining how to talk to children about the Coronavirus: <https://www.youtube.com/watch?v=WhVad8ToCiU>

In closing I would once again like to thank the school community for the overwhelming messages of thanks and best wishes myself and the staff are receiving from you all. They are much appreciated. Please take care.

Yours sincerely

Lyn Dawson

Principal

26 March 2020